

## **2014 HEALTHY CHALLENGE CARD**

WEEKEND ADVENTURE

Give The Gift of Health and Fitness!

Improving your health and wellbeing is about making incremental lifestyle changes. This Challenge Card provides 10 easy steps toward living a healthier life in 2014 and beyond. Complete the challenges below, then make these healthy habits part of your everyday routine! Be sure to keep this card on the refrigerator at home until you've checked off all 10 boxes.

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BE ACTIVE	EAT WELL
Instead of calling a friend to chat, take a walk together to catch up.	Include fruits and vegetables in your dinner each day this week.
Avoid the elevator and take the stairs for a week straight.	Replace all sugary drinks with water for three days straight.
Park your car as far away as possible so you have to walker a longer distance to your destination.	Replace half the grains in your pantry with whole-grains.
Start with a morning stretch each day this week.	Choose fat-free or low fat (1%) milk, yogurt, or cheese during your next grocery story visit.
Achieve 30 minutes of physical activity (60 minutes for kids) each day this week.	Eat seafood twice (or more!) this week.
eady for another challenge? Then it's time to start your Presidential Active Lifestyle Award (PALA+) program! isit www.Fitness.gov to download your PALA+ tracking form and to gain additional fitness and nutrition tips.  #HEALTHYHOLIDAYS	
Cut this card in half and give one to a friend or family member!	
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#HEALTHYHOLIDAYS